

# Reflections

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## The Reality of the Limitations in Our Life

In general, limitations are considered obstacles on life's journey. The secret consists in utilizing personal limitations as a way and as a help toward childlikeness. Our difficulties and problems should be an open-door to grace, a ladder toward the heart of God.

### **We can distinguish limitations of order:**

**Physical:** that one is fat or thin, ugly or bald; physical defects, illnesses, nervousness problems...

**Psychic-spiritual:** intellectual incapacities, not knowing how to speak, depressions, psychic upsets, failures in one's profession or in the children's education, etc.

**Social:** my family (poor or rich), my economic problems, my profession, my community, my race.....

**Ascetic-moral:** weaknesses, vices, lack of will power, pettiness, dislikes, egotism, lack of character and temperament, failure to fulfill resolutions.....even faults and sins.

Father Kentenich, the founder of the Apostolic Schoenstatt Movement, gives us four guidelines for our conduct in this regard.

**1. Do not be surprised.** We should be more surprised that it is not worse. Accepting original sin which has wounded our soul, especially its harmony, should not surprise us that things are this way. Original sin is, additionally, the source of many personal sins which have influenced us (legacy, environment, educators.....). Our own sins which have deepened the habit of sin are added to that.

**2. Do not get confused (do not get tied up, do not drown).** Spontaneously, seeing ourselves so miserable, one could get nervous, confused, and become gripped by panic. For the common man, it is unbearable to endure the experiences of moral poverty. He would want it to be different. So, when facing his own nature, he flees, he denies it, changes ideals...

He proceeds like someone thrown into the water who cannot swim: he flounders crazily and finally drowns because he lost his serenity.

**3. Do not get discouraged.** Discouragement would be another step. This discouragement which expresses itself in sadness and depression is a very dangerous enemy. Father Kentenich stresses that "it is much more fatal than grave sin itself." Because it predisposes going down even further, to commit other new sins. One lets oneself be, one does not expect anything more from oneself. He adds: "The evil one swims in turbulent waters." Therefore, it is so important to create in ourselves and in our surroundings a climate of joy. Childlikeness education is an education for joy: "Nothing should disturb our inner joy!"

**4. Do not settle.** Do not become accustomed to misery and sin. Do not lose the sense of responsibility, to not resign oneself. We should do battle against our faults and defects. At least we should awaken the impulse to work against, even if we are not always successful. The Saints are Saints because they have begun anew countless times. Until the end of our lives, we can count on fallings and miseries. Therefore, until the end we can count on battles.

We must achieve a great realism which gives us patience when facing ourselves. It comes forth from the limitations we experience and it is permanently in battle, hoping to overcome it someday.

### Questions for reflection

1. Am I aware of my limitations?
2. Am I accustomed to some sins?
3. Is discouragement one of my characteristics

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